



Ricardo Riskalla is one of Australia's leading Fitness and Health experts. Contacting Ricardo is the first step to living a healthy lifestyle.

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Superfood Raw Christmas Cake Recipe

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If the lead-up to Christmas has been a little more indulgent than you expected and you want to start detoxing ASAP, rest assured that it's not necessary to sacrifice your favourite festive treats in order to stay clean and lean this holiday season.

Raw Food Expert Ricardo Riskalla has shared his superfood, raw, healthy Christmas cake recipe so you can have your cake and eat it too without ending up with a girth as wide as Santa Claus come January 1st.

Superfood Raw Christmas Cake Recipe

Equipment:

- Food processor
- Food dehydrator

Ingredients (use only organic ingredients. One cup = 250ml):

- 3/4 cup raw cacao butter
- 1 cup of raw pitted dates
- 1/2 cup raw coconut oil
- 1/4 cup AFA powder
- 1 cup raw cacao powder
- 1 cup of macqui berry powder
- 2 cups shredded coconut
- 1/2 cup raw hulled tahini
- 1/2 cup raw agave nectar

Directions:

1. In a food dehydrator, melt the cacao butter and coconut oil at 38 degrees Celsius until it becomes liquid.
2. Mix all ingredients in the food processor until a smooth dough is created.
3. Remove the dough from the food processor and put into a silicon cake mold.
4. Put in the freezer for 1 hour
5. Keep it in the fridge.

Expert Advice: This cake is full of nutrients. It is a meal by itself, and a little will go a long way.

Ricardo Riskalla is a personal trainer to athletes and celebrities, and the founder of **Raw Fit**

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